

Smoking: Tips to Quit for Parents

- Write down your reasons for quitting. Keep the list handy and look at it when you are tempted to smoke.
- Choose a "quit day." When that day arrives, throw away all your cigarettes, lighters and ashtrays.
- Stay away from places, activities or people that make you feel like smoking.
- Ask your partner or a friend to help you quit, and call that person when you feel like smoking.
- Ask your health care provider about quitting aids such as patches, gum, nasal spray and medications.
- Don't get discouraged if you don't quit completely right away. Keep trying. Quitting is a difficult, but very important decision for the health of you and your family.

